



# BIDEFORD BUZZ



A free community newsletter for Bideford, Northam, Appledore, Westward Ho!, Lundy and villages west as far as Hartland



## Happy Easter to Everyone

Everyone celebrates Easter in different ways. For some it is a very serious Church Festival (Good Friday being considered the most important event in the Church calendar.) It is also at the very end of Lent, so fish is the choice for a Good Friday lunch - see *Felicity's fish recipe inside*.

Locally Good Friday will be celebrated by the churches coming together for a 'Walk of Witness' through town concluding at St Mary's Church (with hot cross buns.)

Easter Day marks the end of Lent and the chance to indulge especially if you have given up sweet things - eggs were originally banned during lent as 'they originated from animals that provide us with flesh.' Hardboiled eggs often decorated with painted shells and ribbons were given as a treat at the end of Lent, eventually superseded by chocolate eggs.

Now it seems our chocolate egg may be under threat.

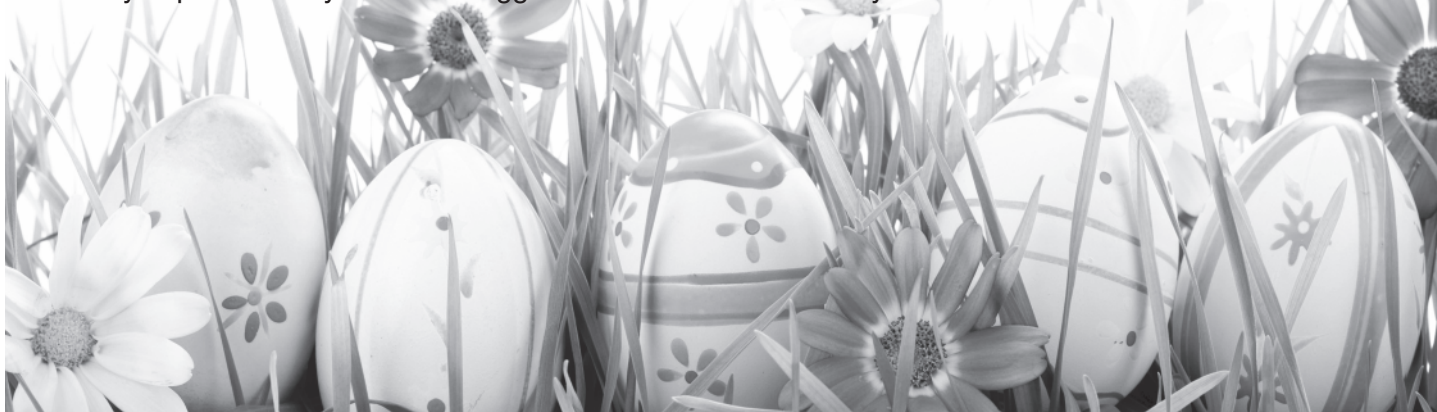
According to a new report called *Destruction by Chocolate* there could be a chocolate deficit of 100,000 tonnes a year in the near future.

The study found that the typical Western consumer eats 286 chocolate bars on average each year, requiring suppliers to plant 10 cocoa trees for every sweet-toothed person.

More than 90 per cent of the global cocoa crop is produced by smallholders or subsistence farms but farming techniques 'have not changed in hundreds of years'.

Perhaps we will soon be eating those decorated hard boiled eggs after all!

**Inside** - What are Bideford's Easter Bunnies doing this holiday??



**CONTACT  
BUZZ**

Bideford Buzz is produced by a team of volunteers with practical assistance from Torridge District Council, Torridge Voluntary Services, Bideford Town Council, Bideford Bridge Trust, South West Foundation, Devon County Council & Bideford Freemasons. If you are interested in helping to produce or distribute this newsletter we would be pleased to hear from you. Please note that for advertisements there is a charge from £15 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 15th of the month to the Editor, Rose Arno. Further information about us can be obtained from the Buzz Secretary, Chris Trigger, Tel 01237 475154. 3000 copies printed monthly.

Email: [editor@bidefordbuzz.org.uk](mailto:editor@bidefordbuzz.org.uk), Mobile: 07929 976120 or c/o Torridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).



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## News from the Burton Art Gallery & Museum

March at the Gallery can be relied upon to cheer you up. The main ingredient for this happiness factor is the **Torridge Schools Exhibition**. What a glorious selection of artwork! Wall to wall, top to bottom, colour, design, brilliance, imagination, fills the eye. This year's must rank as one of the best ever seen. These works could grace any art gallery in the country, including London, and would receive accolade after accolade. The young people in our area, from nursery to A-level, are so talented. The pencil drawings, in particular, are exceptional. This exhibition of young people's work rivals any by grown-ups, and if they continue to paint, draw, sculpt, and create like this in their adult life, we shall never be short of craft or art for future exhibitions, wherever they are. N.A.D.F.A.S. (National Association of Decorative and Fine Arts) have supported this event once again, and have awarded prizes for merit, donating cash to the three schools and to certain chosen students. The teachers are also to be congratulated for inspiring such work in their pupils. The exhibition runs until **14<sup>th</sup> March**, and it's certain that those pupils whose work is on show will have proud parents who will treasure the artwork in their children's personal archive.



But in the next room, you will find a complete contrast. Against the white walls, Philip Eglin's **'Slipping the Trail'** concentrates on less colour. In fact, brown, white and yellow dominate this collection of boldly decorated ceramics. Occasionally, he is inspired to write a short recipe for 'Cawl' on a plate, or mention his favourite dessert, 'jam roly poly'. He sometimes uses his sons' early drawings on his pots, and perhaps the 'Cowboy' and the 'Indian' come under that category! You can enjoy this exhibition for its quirkiness, its eccentricity, and its defiance of symmetry. A strong sense of humour prevails throughout, and it is truly said that he never takes himself too seriously. He borrows ideas from Hogarth, designers of Delft ware, the Arts & Crafts Movement, and many more.

Philip was born in 1959 in Gibraltar, and studied at Staffordshire Polytechnic and the Royal College of Art. He has won the Jerwood Prize for Applied Arts, and in 1993 was awarded an Arts Foundation Fellowship. He has exhibited in London, Scotland, New York, France, Denmark, Germany and Taiwan, a thoroughly international artist. You can see his work in gallery 2 until 28<sup>th</sup> March, and there is a catalogue of his work available in the Gallery Shop.

**Vicky Lindo** worked in the Gallery for many years, managing the Shop and Craft Gallery, but all the while was designing and making embroidered textiles in her spare time. She became well known for her love of cats, which usually featured on her wall-hangings, samplers and cushions. Since leaving Vicky has set up her own studio and now produces earthenware decorative ceramics inspired by Bideford's slipware pottery heritage. She loves animals, plants and amusing incidents, which feature in her pottery. There is much humour in her work, which you can enjoy from **5<sup>th</sup> March to 30<sup>th</sup> April in the Craft Gallery**.

The Cafe du Parc has been completely redecorated and refurbished, and looks really welcoming, and that new window on to the Park is just what was needed.

Opening hours: Mon-Sat: 10am-4pm; Sunday: 10.30am-4pm.

Admission Free.

Pick up a brochure for April to July events and exhibitions.

**Diana Warmington,**

Friends of the Burton Gallery & Museum.



## Clean for the Queen

As we all know the Queen is going to be celebrating her 90th Birthday this year and she has asked that we all give our towns, cities, and villages a bit of a spruce up.

**Bideford's Bunnies** are very keen to join in with making Bideford Beautiful, so have 'hopped' at the chance to get involved with the town's efforts; you will be able to find 60 of them around Bideford in the business windows holding something to do with cleaning. Can you find the bunnies and see what they are holding? Pick up a trail sheet from any of the following places:-

*Minxy's Sweets, Butchers Row Pannier Market*

*Bideford Cobblers and Keys, High St; First Years and Beyond, Mill St; Burton Art Gallery,*

*Kingsley Road* There are three trails to follow, The Hutch, The Warren, and The Burrow; do one, two, or all three; return your sheet for a small prize.

## Please support North Devon Hospice and Big Breakfast 2016!



### **Thatched Inn, Abbotsham**

Saturday 19th March 8.30am-11.30am  
£7.50p donation for delicious Big Breakfast.  
Vegetarian option too– all include tea/coffee, toast.

Please pop in or phone 01237 471321 to book, or everyone welcome on the day!

### **St Mary's Hall, Appledore**

Saturday 2nd April 10.00am-12.30pm  
£5 donation Full English or Vegetarian Breakfast.

bacon or sausage baps £2.50, raffle draw.

West Quay Fundraisers welcome you on the day!

The money raised through Big Breakfast, which is generously sponsored by Phillip Dennis Foodservice, will help North Devon Hospice care for local people who are suffering from the impact of cancer and other life-limiting illnesses. All hospice services are provided completely free of charge, but it costs £4million each year to care in this way.

This is only possible thanks to the ongoing support of the local people of North Devon so by attending your local Big Breakfast event, you will be helping us support people in your own community.

For more information, please visit [www.northdevonhospice.org.uk](http://www.northdevonhospice.org.uk), or call Gerard Fawcitt on 01271 347224.

### **Northam Lodge Quiz Night at Westward Ho! Golf Club.**

Friday March 4th 2016

Prompt 6.00/15pm arrival for Meal at 6.30pm if booked .

Quiz beginning at 7.30pm

£2.00 entry.

**Come and test your general knowledge skills.**

### **Tarka Quilters' Easter Open Day**

Tarka Quilters is holding an open day on Easter Saturday March 26th at Northam Hall from 10.00 - 3.30 pm, (**not March 12<sup>th</sup> as previously advertised.**) Come and see what we do ; we are a friendly group and have all abilities from complete beginners to experienced Quilters. See how easy it is to get started on an addictive hobby.

We have workshops in which anyone can participate or they can just work on their own projects. There's always someone on hand to offer help or advice.

We also have trips to quilt shows and have to date had three exhibitions in the Burton Art Gallery and Museum. Come and have a coffee, everyone is very welcome, or for further details **contact Steph 01237 470570 or Kate 01237 470846**

### **Knit & Natter group on the move!**

From Wednesday 2 March, the Knit and Natter group which has been meeting for some years in St Margaret's Church or at the Rectory is on the move. We shall now be meeting at Holy Trinity Hall in Westward Ho!

The times and dates are the same – the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month from 1.30-3.30pm.

We knit (crochet, cross-stitch, embroider, patchwork or whatever craft you enjoy) for ourselves, our families and various charities. The cost is £1.50 per session which includes tea, coffee and biscuits – and sometimes cake if someone has been baking!

Come for the whole 2 hours or just drop in for a while.

If you need any other information please call **Catherine on 01237-475720.**

### **Craft and More**

Alwington Village Hall will be hosting its second Craft & More sale on Saturday March 5<sup>th</sup>

Come along and make this event as successful as the first. If you would like to book a stall for £5.00 contact **Sue Guest 01237-451544**

**Friends of Woolsey School** are holding their Annual Summer Fete on Saturday June 25<sup>th</sup>, 11am - 3pm at Woolsey School Field.

If you are a craft stall holder or a local group who would like a stall on the day, please contact Lynsey on 01237 43. We are also looking for groups or individuals who would like to put on displays in our arena. Please contact us if you are interested.

All our latest information can be found on our events page can be found on the FOWS Facebook page or contact **Louise Leonard 07791576010**



# Book News

## Events in Bideford Library March 2016

### World Book Day.

Thursday March 3<sup>rd</sup> 9.30

Extended storytime with stories, songs and crafts for the little ones and coffee for the grown ups

### Easter Events

**Tuesday March 22<sup>nd</sup> and Tuesday March 29<sup>th</sup>**

Spring Crafts

Drop in crafts sessions for children of any age, no need to book, just come along. Free but donations welcome

### Story time for under-fives

Every Thursday. 9:30-10:00 am (except school holidays)

With stories, musical instruments and songs.

For Adults:

### Nifty Needles

Every Thursday. 2 – 4pm

For anyone who enjoys embroidery, quilting, knitting, crochet and other handcrafts.

### Board Games Afternoon

Every Friday 2 – 5pm

If you enjoy games like chess, scrabble, backgammon or dominoes come and join other enthusiasts for a game.

**Feel Better with a Book** (please check with library to confirm the group is running each week)  
Every Wednesday 10:30-12:00 am  
Come and lift your mood through the joy of reading! The aim of the groups is to enable you to enjoy the pleasure and relaxation of listening to great stories and poems - classical and new - and sharing responses with others. No pressure and no reading required. The group is led by an experienced facilitator.

### **Book Breaks for Carers – A Shared Reading Group for Carers**

Every Wednesday 10:30-12:00 am

A chance to meet with other carers and enjoy great stories and poems read aloud in a small friendly social group.

### **Reminiscence Session – Take a trip down memory lane**

Wednesday March 9<sup>th</sup> 2:00-3:30 pm

Look forward to sharing your memories with others For anyone aged 60+ Refreshments

### Creative Writing Group

Saturday March 12<sup>th</sup> 2pm – 4pm

Creative writing with local author and publisher Nikki Brownson. For all aspiring writers looking for inspiration and guidance.

### Meditation and Relaxation Group

Thursday March 3<sup>rd</sup> 7:30-8:30 pm

Wednesday March 16<sup>th</sup> 2:15- 3:00 pm

Guided meditation and relaxation group for adults with Nicola MacDonald

## Fame Indeed

This month we were delighted to receive a letter from Neil Jones in Ashford Middlesex. Neil receives a copy of Buzz each month from a cousin in Bideford and he is also a member of the Virginia Woolf Society. He was very pleased to see a review (September 2015) of Virginia Woolf's novel, *Mrs Dalloway*.

The book was discussed by Bideford Library Readers' Group and reviewed for Buzz by Margie Summers as a member of the group.

Neil Jones sent the item to the Virginia Woolf Society and it appeared in their Bulletin alongside reviews from papers such as the Guardian, New York Times, The Times, and Private Eye.  
(Margie's review *can be read in September 2015 Buzz*.)

### **Bideford Library Reading Group.**

Wednesday March 2<sup>nd</sup> 2.00 pm.

**Discussing Purple Hibiscus**  
**by Chimamanda Adichie Ngozi**

## Northam Library

Monday 21<sup>st</sup> March: **Easter Basket Floral workshop** 2-4pm £5.50 – booking essential  
01237475111 or  
northam.library@devon.gov.uk

### **Friends of Northam Library - Plant Sale.**

Plants required for a June plant sale – The Friends of Northam Library are holding a plant sale in June and would welcome donations of plants to sell. If you are able to sow a few extra seeds for the sale please contact Northam Library 01237 475111 or  
[northam.library@devon.gov.uk](mailto:northam.library@devon.gov.uk).

# ***SAMARITANS***

**Do you have the skills to be a listening volunteer?**

Samaritans are recruiting and urgently need people just like you for their branch in Barnstaple, North Devon

Samaritans offer a confidential emotional support service which is available 24 hours a day.

If you are interested in becoming a listening volunteer, please contact

Samaritans on:

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**01271 37 43 43**

email [sams\\_nd@yahoo.co.uk](mailto:sams_nd@yahoo.co.uk)

Real People – Real Lives - Real Difference

Information Day 31<sup>st</sup> Oct. 15 10:00-12:00am.

**WHY NOT COME ALONG & SEE.**

Selection Days 22<sup>nd</sup> Aug & 28<sup>th</sup> Nov. 15

Charity No. 261807

## **The Appledore Singers**



**Open Rehearsal**



**Monday 4<sup>th</sup> April**

**7.30 - 9pm**

### **Appledore Baptist Church**

**Come and sing with us!**

- Meet members of the choir
- Chat to our Musical Director
- Join in with the rehearsal
- Have fun!

**Contact Pam Beechey 01237 420652**

**Or see our website: [theappledoresingers.co.uk](http://theappledoresingers.co.uk) or our Facebook page.**

## **See Hear on Wheels**

Equipment demonstrations, loans, information and advice for people who have hearing and/or sight loss.

Bideford Pill car park

Bideford Tesco Superstore car park

Northam Bone Hill car park

For dates and times see the diary page or contact the **See Hear Centre:**

Email: [seehearnd@livingoptions.org](mailto:seehearnd@livingoptions.org)

Web: [www.livingoptions.org](http://www.livingoptions.org)

Tel: **01271 373236**

Text: **07831 515809**



Registered charity No: 1102489 **LOTTERY FUNDED**



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Email: [editor@bidefordbuzz.org.uk](mailto:editor@bidefordbuzz.org.uk),  
Mobile: 07929 976120

or c/o Torridge Voluntary Services,  
14 Bridgeland Street, Bideford EX39 2QE.  
Visit [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).

## Mothering Sunday or Mother's Day?

In this country, Mothering Sunday/Mother's Day always falls on the fourth Sunday in Lent. Originally, in Elizabethan times, when church observance was much stricter than it is now, the custom was for people to return to their mother church once a year at this time. By Victorian times, this had developed into the custom whereby young people who worked as servants, and had very little opportunity to visit their families, were allowed home to visit them for the day. However, as the Industrial Revolution progressed, social habits changed, and Mothering Sunday, although still part of the Church of England calendar, faded into insignificance.

In the United States, however, a lady called Anna Jarvis held a church service in memory of her own mother, who had done a lot of work during the Civil War to help wounded soldiers on both sides of the conflict, and from this she developed the idea of Mother's Day. She then went on, after some opposition, to persuade the American government to make Mother's Day a national holiday, and in 1914, this came about, to be held on the second Sunday in May to honour mothers. It became a huge commercial success, which Anna Jarvis deeply regretted, attempting to get the law rescinded, and on one occasion was arrested for breach of the peace, for trying to break up a carnation-selling convention.

When American soldiers came to the UK during the Second World War, they brought the American concept of Mother's Day with them. This gave Mothering Sunday a new lease of life, although we today tend to emphasise the commercial rather than the religious aspects.

To be truthful, mothers have been celebrated throughout history, and all over the world, and the popularity of the day indicates in what high regard mothers are held; as Anna Jarvis put it: "the person who has done more for you than anyone in the world".

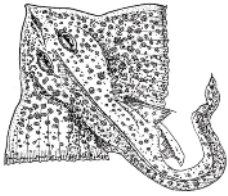
**Chris Trigger**



## Felicity's Seasonal local Fish and Restaurant visit review

### Tray Bake Skate Wing

Skate has a wonderful sweet tasting flesh with a subtle flavour. The bones are flat and glutinous and the flesh should be scraped from the bones from the thick side down to the thin edge. Some people eat all the flat cartilage bones! ***A good dish to share with friends for Easter or a simple Good Friday lunch.***

<p><b>Ingredients</b>-serves 2 (add extra small /medium skate wings for extra servings.) 2 medium size skate wings Splash of olive oil Salt and peeper 19 baby plum tomatoes 2 tablespoons mini capers or chopped capers 2 tablespoon chopped parsley 2 tablespoon chopped oregano</p> <p><b>Method</b> 1 Whole bulb of garlic 2.Cut the tomatoes in half and sprinkle over the fish and add the capers and herbs. 3.Brush the bulb of garlic with the side of the knife, leaving the skin on 4.Add the fish with a good splash of white wine and a little more olive oil 5.Bake in the oven at 180 /gas mark 6 or in the centre of a solid fuel cooker for 20 mins 6.The flesh will come away from the central cartilage when the fish is cooked.7.Serve with crusty bread.</p>	<p>Skate is on the red MSC (Marine Conservation Society) sustainable fish list. However, there are several types of skate and on the whole the local Skate wings bought from local sources will be the sustainable type.</p>  <p>The <b>Appledore Fish Summer School 2016</b> programme will be promoting local skate and have sessions on Rays, Skate and Sharks -both Cookery demonstrations and tasting and Talks. We are still looking for ideas and volunteers -so please contact me if you are interested -Felicity Sylvester on brilliantfishsw @gmail.co.uk</p> <p>I hope to do a Restaurant Visit during the Easter holidays so if you would like a chance to come along send in your name and contact details to the editor -Thanks</p>
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**Quaker Meetings for Worship**  
 are held at 17 Honestone St, Bideford  
 (Near Pannier Market)  
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 Contact Jackie Poole  
 Tel: 01271 861824

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 in the 2015 DfE School and College Performance Tables





On 8<sup>th</sup> March we have a nationally respected grower and exhibitor of onions, leeks, roses, carnations, & chrysanthemums, Ivor Mace coming to us with his talk "A Year in My Garden" ; he is not only a great grower but a really entertaining speaker so this is not to be missed.

Admission to the public will be £2.50 and the talk commences at 7.30pm in the Methodist Church Hall access from Honestone Street Car Park EX39 2DQ

Details from Secretary Mike Avis email [mikeavis44@gmail.com](mailto:mikeavis44@gmail.com) or by phone 01237 475914.

We also have Toby Buckland from BBC Gardeners' World opening our 50<sup>th</sup> Flower Show on 21<sup>st</sup> August at the Pannier Market and on 11<sup>th</sup> October another Gardeners World Chelsea Show presenter Steve Brookes will be giving his talk 'The Greatest Gardening Tips in the World.' Admission for that will be £5.00.

**The Lions Club** club of Bideford are pleased to announce their charity art auction to be held at Pier house Westward Ho! on the **17<sup>th</sup> of March**. Many local artists have donated paintings and works of art. These include Tony Williams, Jill Healing, Lesley Cornish and Vanessa Marston . *Paintbox holidays* of Hartland have donated a four day five night painting holiday with full board for two people in one twin or double room . This will be one of number of Star lots on the evening .The Lions club would ask potential buyers to come and show their appreciation of artists' goodwill in making these donations.

Our guest auctioneer is Mark Parkhouse, who holds the post of deputy Lord lieutenant of Devon, but on the night will be conducting the auction in a private capacity. . As well as paintings we have glassware, bronze hares, plus modern sculptures , Viewing on the day will start from 2pm until 7pm with a prompt start at 7.30pm; payment on the night will be cash, card ,or cheque (with two forms of ID i.e. drivers' licence and recent utility bill) For more information, go to **Facebook, event "Bideford Lions Charity Art Auction" hosted by Bob Taylor**  
**Roy Anscombe** Lion President.

## **Bideford Pannier Market - open Tuesdays, Fridays and Saturdays**

The Valentine Food Festival Market was held on February 13<sup>th</sup> – This proved to be a huge success with the market full of stalls and lots of customers – the building was buzzing – a big thank you to Sarah Logan from Instow Kitchen who organised the event - many more of the same please. " News Flash!!! " there are indications that some of the traders who came on Saturday are looking to come back and join us on a regular basis""

We now have final approval on the new studio workshops in the market hall – hopefully we will get at least some of them open for Easter – This means the market hall will be open 6 days a week - This will be a major boost for the complex and should create a platform on which we can raise the profile of the whole area – if we can get the Market and Butchers' Row back to its vibrant self then it will be a major asset to Bideford and should draw in more visitors, this in turn will benefit the whole town – exciting time ahead but we do need the support of the local people

### **Butchers' Row, Market Place, Grenville Street**

In **Butchers' Row** we now have Janice Glover, a well know local artist who has just taken over the last empty unit just at the head of the stairs. Well worth a visit to see her beautiful paintings  
In **Market Place** Sarah Logan is opening her new gluten free bakery and grocery – The Instow Kitchen – this should be a major asset to Bideford's range of shops

The Storehouse, a charity recycling store for quality furniture and white goods, is now open in Grenville Street. It is good to have shops that are going to be open everyday.

We wish all these traders a successful future, so please come along and support them.

### **Trev ( Minxy's Sweets)**



## So what is a 'skinny latte'?

One bonus of being retired means that you can spend at least an hour each day sampling the numerous coffee shops and cafes spread around the town. They all have their USP (unique selling point) which would make it very difficult to put them in order of rank. Universally they all serve coffee, with a wide range of choice from 'flat whites' to 'skinny lattes.' They also all offer a choice of cakes and scones usually home made.

*I was recently asked what constitutes a 'skinny latte.' This is not an undernourished coffee, or one served in a thin glass by a 'skinny waitress' but is in fact one made with skimmed rather than full cream milk. Warming to this theme I wonder when a basic cup of strong coffee became an 'Americano' or when a normal size became 'regular?' or what is a 'baby ccino.' Answers on a postcard please.*

All our cafes give cheerful willing service and welcome you back each time you visit. What gives Bideford the edge over other towns is that they are all still independently run – Vive la difference!

It would be even better if we had the same choice of restaurants for evening dining; who knows Bideford could become noted as a gourmet destination. And we certainly have the views and the location to back this up.

RA

I'll  
have a  
skinny  
vodka  
latte  
to go  
please.

## The Power of Speech

Community Network..social chatting on the telephone for those who feel isolated..could YOU help? What a long wet winter! I have felt quite 'stuck' indoors, compounded by not having telephone or broadband connections for several weeks in December and January. Add to that the closure of the main road out of North Devon also for many weeks and it is not surprising I felt cut off from the outside world. But at least I can get to discussion groups in the library or U3A,..not everyone can do this.

A recent headline newspaper article and a television programme highlighted the fact that over a million people in the UK feel chronically lonely most or all of the time. Feelings of isolation can be triggered by life events such as bereavement, illness or disability, redundancy or relationship breakdown. People may not be living alone, but how many of us *really* listen to each other in this busy world?

Silverline is a well known charity which arranges regular telephone calls to older people, but did you know there are chat groups too? If you are not yet in that age group but feel a bit out of it sometimes, you could train to lead a group; it is called 'facilitating' and you learn how to keep a group discussion going without it getting out of hand..it can be informative and enjoyable and you would be helping others as well as broadening your personal horizons. The training is done on the telephone so you don't have to go out. It is prof essionally run, free ...and fun! It is run by a marvellous organisation called **Community Network**, based in London, which also provides conference call training for organisations such as charities.

I am heartened to learn that in an age of texts, tweets and e-mails people still value the warmth and varied inflections of the human voice, with its myriad expressions and even the silent pauses while we consider something that has been said. I for one find it difficult to really express how I feel or what I mean with text or e-mail, (just how many times can a smiley face emoticon be used?!) And if you have eyesight problems everything is so much easier on the phone.

Marianne Richards



### Bideford Film Society

Friday 4 and Saturday 5 March at 7.30pm at Kingsley School: **Youth** (15) 124 mins

Friday 11 and Saturday 12 March at 7.30pm at Kingsley School: **The 33** (12A) 127 mins

Friday 18 and Saturday 19 March at 7.30pm at Kingsley School: **Dad's Army** (PG) 100 mins

Friday 25 and Saturday 26 March at 7.30pm at Kingsley School: **The Finest Hours** (12A) 117 mins

**Coming Soon.**

**The Boy ; The Brothers Grimsby ; Hail Caesar.**



## THE SHIPPING NEWS



No shipping at Bideford or Yelland since last issue

At Appledore

**Arco Dart 12<sup>th</sup>** this is her first visit to Hansens berth since October.

The Irish Patrol Vessel **Le William Butler Yates** is due to be floated out from the shipyard on Wednesday 9<sup>th</sup> March. High Water is at 18.14 and sunset at 18.12 ; therefore should be sufficient light for taking photographs.

**Oldenburg** returned from drydocking in Sharpness in December and has performed various cargo runs to Lundy prior to recommencing service to the island at the end of March.

### Bristol Channel Observations

**19.1.16** at 16.48 cargo vessel **Team Tango** 23573 tons d.w, owners Tango Marine SA Greece inward bound for Newport.

**29.1.16** Readers may have heard on Radio Devon that a container vessel was in trouble off Hartland Point ; in fact it was the cargo vessel **Verity** with 3000 tons of scrap, which had broken down. She was taken in tow by the Dutch Naval vessel **De Ruyter** (which was inward bound for Cardiff, ) to Lundy ,escorted by the Appledore and Padstow lifeboats, where she anchored. On Saturday **30.1.16** the German tug **Bremen Fighter** towed the vessel to Swansea where she arrived at approx 21.00. The Appledore lifeboat returned to her base about 09.00 Saturday.

**1.2.16** at 13.21 car carrier **Autosun** 6670 tons d.w, owners United European Car Carriers Norway, outward bound from Portbury, having sailed at 08.35.

**6.2.16** at 07.27 vehicle carrier **Cepheus Leader** 21402 tons d.w, owners Nippon Yusen Kaisha Japan, outward bound from Portbury having sailed at 02.18.

**11.2.16** at 16.25 vehicle carrier **Bishu Highway** 17649 tons d.w, owners Kawasaki Kisen K.K. Japan, inward bound for Portbury. Seen again on the 12.2.16 at 11.45 outward bound from Portbury having sailed at 06.44

**12.2.16** at 11.14 vehicle carrier **NOCC Oceanic** 15770 tons d.w, owners Norwegian Car Carriers ASA, Norway inward bound for Portbury.

**13.2.16** at 09.20 vehicle carrier **Grande Colonia** 12922 tons d.w, owners Grimaldi Line of Italy outward bound from Portbury having sailed at 22.15 previous evening. A strange thing - the vessel had made a tour around Lundy; must have been looking at the wild life. At 16.05 vehicle carrier **Autosun** 6670 tons d.w, owners United European Car Carriers Norway, inward bound for Portbury.

**14.2.16** at 13.47 heavy lift cargo vessel **Happy Dragon** 18103 tons d.w, owners BigliftShipping B.V. Netherlands, outward bound from Newport, having sailed at 09.36 .

Regards

**Norman**

### Happy Hours at the Bideford Ship Yard

If I ever had the joy of 'happy hour' in my long working life, it has to be the two and a half years at Bideford Ship Yard, between coming home from the Dark Continent in 1972 until August 1974 when again returning to the African Veld.

At the Bideford Yard in those far off days we didn't get as much on the hour compared to the big yard a mile down river, but we had plenty of daily laughs and a pleasure to go to work.

Looking at the front cover of the February edition showing photos of the former yard sent in by Fred Palmer (well done that man) and yes I do recognise most in the photo - Harold Braund, Bimbo Hocking, Fred Palmer, Matie Blackmoor, can be seen standing on the nearby platform; in the second photo I can recognise Alan Tuplin, and further in the middle of three Bogey Clover , Colin Elliot and Steve Wits.

There was one old hand in the 'afternoon' of his working life (Fred will remember him) a shipwright in his younger days serving King and country who saw action at the River Plate aboard HMS Exeter . He had a number of repetitive catch phrases – 'it can't go on like this' the money's run out,' 'where is it all going to end.?' Then there was another shipwright of the same age who would more often than not break into song and sing his praises to the Lord for all the yard to hear :- ' it is not night while they are near.'

There is one piece of satire written on the toilet house wall ' thank goodness for the raft, just to say we have launched something.'

One shipwright went by the name of 'give us a fag' ; as for me I was known at times as the ' snorter king.'

Happy days,happy memories

**Kenny Davis - Blacksmith. Retired.**

<http://www.shipphotos.co.uk/yard/bideford.htm> gives a list of ships built at Bideford Ship Yard.

# News in Brief.

**The Burrows Spring Clean** will take place on the 4<sup>th</sup> of March, from 10am-1pm. Meet at the Burrows Centre. All volunteers should bring suitable clothing and footwear and a packed lunch is also advisable however tea, coffee, and biscuits will be provided by the Nisa store at Westward Ho! To register or for any other information please call Northam Burrows on 01237 479708 or email [northam.burrows@torridge.gov.uk](mailto:northam.burrows@torridge.gov.uk)

## **Dressing the Churchyard.**

The last two year's Dressing the Churchyard at St Margaret's Northam were so well received that it has been decided to hold it again this year. So, on **Easter Saturday**, the members of St Margaret's Churchyard Project group, together with The Friends of St Margaret's, are inviting people to come and lay flowers around the churchyard.

St. Margaret's Church will be open from 10.30am – 12noon on Saturday 26<sup>th</sup> March 2016, for anyone who would like to come and dress the Churchyard with flowers, and then join us for some refreshments in the Church.

All are welcome.

**Ken Fuller** - A date for your Diary – Saturday 19<sup>th</sup> March 2016..... 10.30-2.30 at Horwood Church.

Ken worked with schools and families in his role as Educational Psychologist over many years, and is greatly missed. It seems a good time to plan an event, both to raise funds in his memory, and help with the financial costs of research into brain tumours, a particularly nasty cancer. I hope you will join us and stay for coffee and cake or even a light lunch which will be served in the 'Café'! Donations of cakes will be very welcome as will unwanted good quality clothes and accessories.

Organisers Wendy Jones and Di Crowe can be reached on Di – 858355 or Wendy 858734. One of us will collect any time before 16<sup>th</sup> March.

Horwood Village is between Eastleigh and Newton Tracey.

**Anne Vanstone** 01271 858642

## **Bideford Music Club**

Three years ago the Piatti Quartet gave a concert for Bideford Music Club; their performance was so full of verve, excitement and expertise they have been asked to return and give the last concert in the Club's current season.

They will be playing pieces by Schubert, Ravel and Beethoven and the concert will be on Wednesday 9<sup>th</sup> March at 7.30 pm at Bideford Methodist Church Hall, High Street. Tickets available at the door £13, students and children free. Any other information 01237 423112 or 01237 477242.

## **Appledore Singers – Open Rehearsal**

Ladies – do you like singing? Would **you** like to belong to an excellent local choir and perform to an audience? Well, now's your opportunity!

The Appledore Singers are holding an 'Open Rehearsal' on **Monday 4<sup>th</sup> April, 7.30 – 9pm**, at our normal rehearsal venue of Appledore Baptist Church, where you can meet the choir, chat to our Musical Director, join in with a rehearsal and enjoy yourselves.

During the year we perform a wide repertoire of pieces, ranging from Mozart to Mamma Mia! and everything in between! We have appeared at the Queen's Theatre in Barnstaple, and we regularly perform for WI's and other clubs and organisations in churches and village halls, near and far. Our recent Christmas concert at Northam Hall was a sell-out and raised over £1000 for Devon Freewheelers.

**For further details contact our Musical Director, Pam Beechey, on 01237 420652 or visit our website: [theappledoresingers.co.uk](http://theappledoresingers.co.uk) or Facebook page.**

*([www.north-devon-concert-diary.org.uk](http://www.north-devon-concert-diary.org.uk)) For information about current concerts in North Devon.*



## Marching on....



January's well behind us now, so to celebrate, Bideford has come out of its winter cocoon; groggy, yes, but also eager to excite.

Here at Buzz, we're compiling a list of youth opportunities to brighten up the post winter sting and, so far, many have materialised! For example; **CATS(Community Action Through Sport)** got in touch- they don't currently have a Bideford branch, but do have one in nearby Torrington- and are looking for volunteers right now, to help them run more sports in the area. They're not doing badly, with table tennis, dance and other activities on offer, but still need help to cover demand. More locally, our two clubs( the Reds and the Blues) are still accepting members for those who want to spite the cold weather and work up a bit of a sweat regardless.

Those of us without a sporty bone in our bodies with a wrist more content to wiggle Wii remotes than tennis rackets, and femurs that would rather smuggle a quick Sudoku puzzle in under your leg skin than a kick ball round the park- haven't been neglected either. Bideford College recently won the first round of this year's Rotary Youth Speaks Challenge, meaning both their Intermediate team (Chair: Sami Gillett / Main speaker: Connor Stevenson / Proposer of the vote of thanks) and Senior team( Josh Garrad, Jack Burnett and Craig Huxtable) are on to the next stage later in the year.

Unlike football, there's no transfer day for contestant swapping, so Bideford College will doubtless keep each member of their team- meaning the ship may have sailed if you'd like to take part in it yourself. You can however go and support them in the next heat- more information about that when we hear of it!

Still waiting for applicants though is the **Nick Darke** award. Run slightly further afield (Falmouth University no less!) it's still open to any over 16s in the area, and if you have a stage play inside you begging to come out, now may be the time to exorcise it. As it's a national competition, the stakes are high and so is the prize money- a full £6000 to produce and perform your script. With such a high level of talent in Bideford, there's no reason why someone from our little town couldn't win hearts

and gently trample all its upcountry competition; just send the script, CV and one page synopsis to Falmouth by **30th May**. Accurate address and full entry requirements can be found here <http://www.falmouth.ac.uk/nickdarkeaward>.

Finally, something even more rewarding than creative recognition and a tidy nest egg is approaching. Strangely unpublicised is the **CRY (cardiac risk in the young)** screening due to take place at Bideford College on March 6th. Although heart disease in under 35s is thankfully rare, this means it's also unexpected, making it easily overlooked, which can lead to sudden, unexpected and often tragic results. Heart research's Red February has come to a close in spirit only, and its life saving activities have bled into March too.

Places are still available for a free ECG scan on Sunday (bookings can be made at <http://www.testmyheart.org/>)- it takes a matter of minutes and tells you how healthy your chest cavity is; with professionals on hand to help. Either you learn of slight lifestyle changes to make, ensuring you take care of your blood pump, or (more likely) you're told that your blood pump can take care of you. Either way, it's good to check.

### Millie Sutherland O'Gara

*Millie will be representing the youth of Bideford as a member of the Jury at this year's Manor Court on the 19<sup>th</sup> March. Any presentiments for the Jury should be submitted by 2<sup>nd</sup> March to the Town Clerk, Town Hall Bideford.(Ed)*

### Westward Ho! Tennis & Sports Club, (ARC).

Venue: Atlantic Racquet Centre, Caddsdawn, Bideford.

Times: Every day, from 8am to 10pm; social, competitive, coaching etc at different times.

Age range: coaching from aged 3, no upper age limit.

Cost: different categories, according to age, interest and times of play.

Contact: [marian@vinalls.co.uk](mailto:marian@vinalls.co.uk). 07712 216831

*Got something to add. Send to Millie (Youth Page) C/O TTVS 14 Bridgeland St Bideford Ex39 2QE ....email [editor@bidfordbuzz.org.uk](mailto:editor@bidfordbuzz.org.uk) or leave a message on our Facebook or web page. [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).*

# Buzz Word

*Devon's public transport - could it be better?*

**North Devon Public Transport Users** is an association of people who want to work for improvements to buses and trains, by gathering information on what is needed and making proposals for better services. We are sure that changes could be made to improve the reliability and speed of services, with more comfort and better connections. We would like such changes to benefit as many people as possible with fair and effective use of the restricted funding available.

If you would like to know more, please look at our website [www.ndptu.org.uk](http://www.ndptu.org.uk). We need people to make their views known to MPs and local councillors, to Great Western Railway and local bus companies, and to write to the press and to us about their travel experiences. If you agree with our aims, do join us (it's free!). You can also follow us on twitter @ndptu1 #ndptu and e-mail us at [info@ndptu.org.uk](mailto:info@ndptu.org.uk). We do hope to hear from you

**Pam Thompson**

**Taw & Torridge Friends Group to Children's Hospice South West (CHSW)** would like to take this opportunity to say a huge THANK YOU to the people of Bideford and surrounding areas who have again loyally supported us.

Your donations, whether from adding money to the buckets at your local supermarket, trying your luck at a tombola game, buying a burger at one of the BBQs we ran, adding your loose change to the collecting tin at your local shop or choosing to buy your Christmas cards or handmade craft items from us at a local craft fair - be assured that every penny makes a difference.

With your continued support and generosity we hope 2016 will be as successful, with all donations going directly to Little Bridge House at Fremington enabling them to continue their valuable work supporting families with life limited children.

If you would like to join our voluntary fundraising group please contact Little Bridge House, Fremington on 01271 325270; we are always delighted to welcome new members.

**Chris Margrie**  
**Taw & Torridge Friends Group to CHSW**

## Response to the challenge

*I hope that what follows constitutes a challenge! I enjoy reading the Bideford Buzz each month and invariably I learn something new each time. Some time ago I contributed an article about Bideford shops and businesses which have all gone now, and exist only in the memories of older Bidefordians. There seemed to be quite a lot of interest at the time.*

*This time, following on from your 'Challenge' I hope that your readers will find this interesting.*

**ROSPA** - The Royal Society for the Prevention of Accidents - runs a 'safe driving' course, and while centred on Barnstaple, we have a lot of members from the Bideford area.

These courses, which have been running for over twenty years start in March and continue until October and costs just £40

Our aim is to create safer drivers and riders, and can lead to an 'Advanced Driver' qualification. It is run entirely by volunteers, all of whom are Advanced Drivers and Riders. The courses are for both new drivers and also for the more mature drivers who want to brush up their driving skills.

We meet every Tuesday evening in the car park behind the Civic Centre in Barnstaple between 6.30 and 7.00pm. Our volunteer Tutors will take you out on the road for about an hour at a time to help you achieve safer and more enjoyable motoring, and you might even be able to get a reduction on your car/bike insurance!

Included in the fee are five enjoyable lectures all about safer motoring, and at the end of our year we have an A.G.M with an interesting speaker. Certificates are given to all those who have excelled in their new found skills. Come and join us - and become a safer driver! For further information contact:-

**Mike Hudson** 01271 860903

*In response to the Bideford Buzz Challenge - I wondered whether you might feel able to put in a piece about the Bideford Fundraising Committee of Cancer Research UK please?*

**The Bideford Fundraising Committee of Cancer Research UK** had a busy 2015 organising fundraising events and collections and we would like to thank everyone who supported us in any way and helped us to raise £9850 during the year.

We will soon be holding our Annual General Meeting to plan events for the coming year, and anyone who would be interested in hearing about our activities or might like to help us fundraise in any way is invited to attend. There would be no commitment to join our fundraising group as any help on a one-off basis is always welcome. If you would like to know more - or if you would like to have a collecting tin for spare change, or you have a shop or restaurant where we could place a collection goblet - please contact

**Gill Badcock** on 01237 421461.



## 100 years ago – March 1916

The death has occurred in his 90th year of the Reverend Hudson G Heaven, whose family own Lundy Island. He had been parish priest on Lundy for 57 years. The cortege bearing his coffin embarked from Bideford on Captain Dark's skiff "The Gannet" for interment in the family vault on the island. He has been succeeded on the island by his son, Mr Walter Heaven.

At this time of the year the Gazette is full of seed merchant adverts, one local supplier being Messrs. Yeo & Son. Every kind of seed imaginable is on offer. On receipt of a Postal Order for 1/6d, the gardener will receive 10 packets of assorted vegetable seeds and 4 of flower seeds. As a bonus, they will also receive a packet of "Quite Content Peas", whose pods reach an extraordinary 7" in length, and one of "Red Giant Beans" which can grow pods 15-16" long.

At Tanton's Hotel, Mr A W Cock auctioned a shop and premises in Bideford High Street, immediately adjoining the Post Office, together with 3 cottages in the rear giving a back entrance from Lower Gunstone. Bidding started at £1000 but the property was withdrawn at £1500.

In financial news, 4 original shares of £10 each for the Bideford Gas Company were purchased by Mr J Squire at £24 each. He also purchased 30 £5 shares in the Bideford Public Rooms Company Ltd at £2.12.6d each.

At the Bideford Town Council meeting the Lighting Committee reported that they had arranged to turn off a further 34 street lamps. In all 96 lamps have now been turned off which comprises about half of the public lamps in the town. Most of the grumbling had ceased and it was thought they might be able to put out a few more lamps.

Mr H R Bazeley questioned why a great deal of waste paper was found in the scavengers' carts. He felt it would be a benefit to the town if old paper could be repulped. At present much of it is burned on the river bank. *These and many more items of local interest are available to read at the Bideford Community Archive at the Council Offices, Windmill Lane, Northam. Tel: 01237 471714. Open Monday, Tuesday and Wednesday mornings.*

*Also from the archives - thanks Peter Christie for this:-*

## March Diary

### Tuesday 1<sup>st</sup>

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

11.45am-12.45pm Tai Chi at Northam Community Hall

2pm Bideford WI, New Sea Cadet Bg

2-3.30pm Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.

6.30pm Bideford Band Beginner's Group at Band Room. 475653

7.30pm Northam Choral Society rehearse at Northam Methodist Hall.

7.30pm Bideford Keyboard & Organ Club at Bideford Methodist Church Hall

7.30pm Bideford Sustainability Group at Blacksmiths Arms

7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13

Rope Walk 8pm Torridge Male Voice Choir meets

at Woolsey Village Hall. 441601

8pm Jam Session at Thatched Inn, Abbotsham. 472746

Palladium Club Jam Night

**FREE LIBRARY ASSAULT.**

At Bideford Borough Sessions, yesterday, before the Mayor (Mr. T. Burton) in the chair, Mrs. H. W. Fulford, Messrs. H. A. W. Huxham, F. E. Whiting, and J. Davis, Mr. Reuben Squires, an old gentleman, of Westcroft Terrace, Bideford, summoned James Potter, a Bideford mason, for assault on February 4th. Defendant pleaded "Not guilty."

Complainant said he was in Bideford Free Library when he saw defendant and another man point to the corner of the sporting news page of a newspaper and write something on a piece of paper. A notice in the Library said "betting, passing betting slips, copying betting news strictly forbidden," and he told defendant he was "abusing the hospitality of the room by breaking the rule." He then found himself on the floor. Defendant struck him a smashing blow on the right jaw. His face had been bruised all the week.

John Barrow, labourer, of Hillgarden Hotel, Bideford, gave corroborative evidence.

Potter told the Bench he was reading a newspaper when defendant came up to him wanting to take it away. He gave complainant a push and he received the blow in falling.

The Bench found defendant guilty. There were no previous convictions. The case was dismissed under the First Offender's Act on the payment of the costs which amounted to 6/6.

Defendant stated he was unemployed and asked for time in which to pay. He was given a month.

*Continues on next page*



# March Diary 2016

## Wednesday 2<sup>nd</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.30am** Parkinson's UK coffee morning at Ethelwynne Brown Close.Common Room 1. 478128

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**11am-1pm** Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053

**1.30-3.30pm** Knit & Natter Group at Holy Trinity hall, Westward Ho!.

**2pm** Bideford Library Readers' Group. 476075

**4-6pm** Sew Together at Northam Library

**7.30pm** Bideford Folk Dance Club at Northam Hall. 423554

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**7.30pm** Bideford Phoenix Morris practise at Bideford Baptist Church. 473798

## Thursday 3<sup>rd</sup>

**10.15am** Northam Men's Forum at Northam Methodist Hall 476201

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi at Chubb Churchill Centre ETW

**2-4pm** See Hear on Wheels (SHoW) bus at Pill Car Park. 01271 373236

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**7pm** Westward Ho! Residents Assn 'Westward Ho! & Instow coastguards' talk at Kingsley Hall.

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

**8pm** Bideford Folk Club at Joiners Arms

## Friday 4<sup>th</sup>

**10am-1pm** Northam Burrows Spring Clean – register on 479708

**11am** Women's World Day of Prayer Service at Lavington Church.

**2-3.30pm** Sew Together at Westward Ho! Baptist Church. 01805 622666

**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre. 477932

**6pm** Northam Lodge & Golf Club Meal followed by Quiz at 7.30pm 477238

**7.30pm** RNLI Quiz & Supper at St Mary's Hall, Appledore. 01271 346560

**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309

**8pm** Ceilidh Club at Northam Hall 476632

## Saturday 5<sup>th</sup>

**9am-2pm** Village Market at Atlantic Village

**10.30am-3.30pm** Craft Sale at Alwington Village Hall. 451544

**7pm** Film Club at Littleham Village Hall. 471928

**7.30pm** Bideford Band 'Music from the Movies' at St Mary's Church, 475653

## Monday 7<sup>th</sup>

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

**7pm** Appledore Band – training band at St Mary's Church Hall, Appledore followed by senior band.

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**8pm** N Devon Jazz Club, The Beaver, Appledore. Tom Green Septet. 421065

## Tuesday 8<sup>th</sup>

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**11.45am-12.45pm** Tai Chi at Northam Community Hall

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club at Baptist Church Hall.

**2.30pm** 'Lift Off' at Westward Ho! Baptist Church. 471056

**5pm** 'Lentsherd' at Clovelly Village.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Bideford & District Gardeners Club Open Meeting at Bideford Methodist Hall. 475914

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

**7.30pm** Lions Club meet at Royal Hotel

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Palladium Club *Jam Night*

## Wednesday 9<sup>th</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.15am** Probus Club at Royal Hotel

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**12-1.30pm** (SHoW) See Hear on Wheels at Woolserly Pavilion.

**2pm** Tea with Friends at St Mary's Church.

**2-3.30pm** TorrAGE Ageing Well Project at Burton Art Gallery. 01805 622666

**2.30-4pm** (SHoW) See Hear on Wheels at Bone Hill Car Park, Northam

**7.30pm** Bideford Folk Dance Club at Northam Hall. 423554

**7.30pm** Bideford Music Club concert at High St Methodist Hall. 423112

**7.30pm** Bideford Phoenix Morris practise at Bideford Baptist Church.

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**8pm** Appledore Band – seniors rehearse at St Mary's Hall, Appledore

## Thursday 10<sup>th</sup>

**10.30am** Northam Men's Forum at

Northam Methodist Hall. 476201

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi at Chubb Churchill Centre ETW

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**6.30pm** Northam Surgery Patient Participation Group AGM

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

**7.30pm** N Devon British Bike Club at Robin's Nest.

**8pm** Bideford Folk Club at Joiners Arms

## Friday 11<sup>th</sup>

**10am-12pm** Craft'n'Chat at The Old Schoolroom, Kingsley Hall, W Ho!

**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre. 477932

**7.30pm** Abbotsham WI meets at Abbotsham Village Hall. 474711

**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309

**8pm** Ceilidh Club at Northam Hall 476632

## Saturday 12<sup>th</sup>

**9am-1pm** Hearty Breakfast at Alwington Village Hall. 451508

**2pm** Big Church Jumble Sale at Instow Parish Hall.

## Monday 14<sup>th</sup>

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

**7pm** Appledore Band – training band at St Mary's Church Hall, Appledore followed by senior band

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**7.30pm** Bideford Stamp Club at Kingsley Hall, Westward Ho! 472101

## Tuesday 15<sup>th</sup>

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**11.45am-12.45pm** Tai Chi at Northam Community Hall

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.

**3pm** 'Reflections' Grief & Loss Group at St Mary's Church. 475765

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Palladium Club *Jam Night*

## Wednesday 16<sup>th</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

# March Diary 2016 *continued*

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**11am-1pm** Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053

**1.30-3.30pm** Knit & Natter Group at Holy Trinity hall, Westward Ho!

**7.30pm** Bideford Folk Dance Club at Northam Hall. 423554

**7.30pm** Bideford Phoenix Morris practise at Bideford Baptist Church.

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**8pm** Appledore Band – seniors rehearse at St Mary's Hall, Appledore

**Thursday 17<sup>th</sup>**  
**10.15am** Northam Men's Forum, Northam Methodist Hall. 476201

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi at Chubb Churchill Centre ETW

**11am** Bideford Sustainability Group coffee morning at Café du Parc.

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

**7.30pm** Lions Club Charity Art Auction at The Pier House, Westward Ho!

**8pm** Bideford Folk Club at Joiners' Arms

**Friday 18<sup>th</sup>**  
**10am-12pm** Northam Reminiscence café at Northam Hall. 459337

**2-4pm** Sew Together at Westward Ho! Baptist Church Hall. 01805 622606

**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre.

**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309

**8pm** Ceilidh Club at Northam Hall 476632

**Saturday 19<sup>th</sup>**  
(until 28<sup>th</sup>) 'Find the Easter Chicks' at Clovelly. 431781

**10.30am-2.30pm** Horwood Church fundraising for Brain Tumour Charity in memory of Ken Fuller. 01271 858642

**7.30pm** Concert - Roger Jones' musical 'Barnabus' at Westward Ho! Baptist Church. 421551

**Sunday 20<sup>th</sup>**  
**1.30pm** Torridge Ramblers walk 01805 625485

**Monday 21<sup>st</sup>**  
**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

**2pm** Bideford Ladies Club at Marlborough Court. 421925

**2-4pm** Easter basket floral workshop at Northam Library – book on 475111

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

**7pm** Appledore Band – training band at St Mary's Church Hall, Appledore followed by senior band.

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**7.30pm** Appledore Amateur Radio Club, Appledore Football Social Club. 473251

**8pm** N Devon Jazz Club, The Beaver, Appledore. Tim Thornton Quartet.

**Tuesday 22<sup>nd</sup>**

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**11.45am-12.45pm** Tai Chi at Northam Community Hall

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

**7.30pm** Lions Club meet at Royal Hotel

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Palladium Club *Jam Night*

**Wednesday 23<sup>rd</sup>**

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.15am** Probus Club at Royal Hotel

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**1-2.30pm** SHoW (See Hear on Wheels) at Tesco, East-the-Water.

**2-3.30pm** TorrAGE Ageing Well Project at Burton Art Gallery. 01805 622666

**7.30pm** Bideford Folk Dance Club at Northam Hall. 423554

**7.30pm** Bideford Phoenix Morris practise at Bideford Baptist Church.

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**7.30pm** 'Thinking Matters' discussion group at The Cedars, Barnstaple 474225

**8pm** Appledore Band – seniors rehearse at St Mary's Hall, Appledore

**Thursday 24<sup>th</sup>**

**10.15am** Northam Men's Forum, Northam Methodist Hall. 476201

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi at Chubb Churchill Centre ETW

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

**7.30pm** N Devon British Bike Club at Robin's Nest.

**8pm** Bideford Folk Club at Joiners Arms

**Friday 25<sup>th</sup> Good Friday**

**10am-4pm** Hartland Art & Craft Society Spring Fair at Parish Hall.

**7.30pm** Easter Bingo at Woolserly Comm. Hall. Proceeds to N D Hospice & Woolserly Young Farmers Club.

**Saturday 26<sup>th</sup>**

**9am-6pm** Food & Craft Fair at Atlantic Village

**10am-3.30pm** Tarka Quilters Open Day at Northam Hall. 470570

**10am-4pm** Hartland Art & Craft Society Spring Fair at Parish Hall.

**10.30am-12pm** Dressing the Churchyard at St Margaret's, Northam

**Sunday 27 Easter Day**

**10am-4pm** Food & Craft Fair at Atlantic Village

**10am-4pm** Hartland Art & Craft Society Spring Fair at Parish Hall.

**Monday 28<sup>th</sup> - Easter Monday.**

**9am-5pm** Food & Craft Fair at Atlantic Village

**10am-4pm** Hartland Art & Craft Society Spring Fair at Parish Hall.

**Tuesday 29<sup>th</sup>**

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**11.45am-12.45pm** Tai Chi at Northam Community Hall

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Palladium Club *Jam Night*

**Wednesday 30<sup>th</sup>**

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**7.30pm** Bideford Phoenix Morris practise at Bideford Baptist Church.

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**8pm** Appledore Band – seniors rehearse at St Mary's Hall, Appledore

**Thursday 31<sup>st</sup>**

**10.15am** Northam Men's Forum, Northam Methodist Hall. 476201

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi at Chubb Churchill Centre ETW

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

**8pm** Bideford Folk Club at Joiners Arms